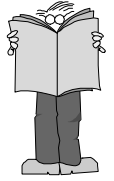







SELF CARE

Idea List for AUGUST



- ☐ Bike helmets and in-line skate helmets can be worn interchangeably. They differ only in style, not in the safety they provide. 
- ☐ Familiarize the babysitter and children with the Self Care book and how to use it in an emergency. Mark or tab important pages.
- ☐ Pull family medical records together and place that information into your Self Care book or PPIP passport.
- ☐ When dining out choose restaurants that offer healthy options and are smoke free.
- ☐ Make sure your children have all their needed immunizations up to date. 
- ☐ When you cook, do it in batches. Freeze enough for another day. It saves time, energy and your kitchen will stay cool for a day. 

Learn to prevent swimmer's ear.

- * Look before you leap. Avoid swimming in dirty water.
- * Add a few drops of mineral oil to your ear before swimming.
- * Do not insert cotton swabs.